### \* DAILY MAGAZINE PAGES FOR EVERYBODY

Education of the Mothers Through

Secrets of Health and Happiness

#### Why You Get "Stiff Neck" Without Apparent Cause

By Dr. LEONARD KEENE HIRSHBERG

kin or stomach infections. The m

robes may be inhospitably ousted fro heir unwelcome visit to a tonsil, ar

eight or nine of them, with their po

ons, may escape to the nerves and

There they abide in an emaciated and

consumptive state until the pugnacious tissues thereabout complete the destruc-tion which had already been partially

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Answers to Health

Questions

MANY INQUIRERS-What will pre-vent growth of hair on my face?

This can be prevented by using,

This must not be left on long enough

Dr. Hirshberg will answer questions

to irritate the face.

National Democratic

completed

Truths By Women Who

Women Work For Ballot

which will be theirs when universal suffrage is a fact, they are organ-

izing themselves into political clubs. The training which they receive

the National Democratic League, has expressed in this article the use-

fulness of women in co-operating with men. Mrs. Armes knows all

about her subject, because she belongs to several such societies,

among which is the Woman's Wilson and Marshall Organization. She

is president of the District of Columbia branch.

MRS. GEORGE A. ARMES.

Democracy is such a broad word and means to me so much that

gives us opportunity to help each

other, as well as to teach our hus-

bands, brothers, and sons, how to

make better laws. As we progress

we naturally feel that we would like

a voice in those laws which con-

cern us so vitally. And why not?

Can we not do more effective work

This answers the question as to

why intelligent women today are

organizing into political clubs. It is

because they realize so clearly that

until women have political equality

with men we have not a democracy

in troth, but only in theory. We stand on the eve of universal suffrage and we'then will be well equipped to lake their responsibilities through just such training as pointed clubs are now giving them. As for the Democratic women, it should be

their aim to strive for the most su-perior democracy, embodying twen-

perior democracy, embodying twentleth century ideals—not those of our
forefathers. When we analyze the
word "democracy" we find its root
to be "demos," which, transluted
from the Greek, means "people."
There is no hint of nex; there is no
idea of the word involving made
supremacy. It clearly means all the
people. Now if we are to establish
a rule of the people, by the people,
we cannot exclude the women, for
no scientist has yet been discovered
who is willing to prove that women
are not people. Such a scientist
never will be discovered.

The truth is, we are fast discovering woman. It is not easy for all
men to adjust themselves to the hew
idea of her value to the State and
nation, but the intelligent minority
must needs lead the indifferent ma-

must be ds lead the indifferent ma-jority, and so it is that women are banding together, politically, eco-nomically, and socially, to ask for plain wholesome Democratic justice. The answer is certain, for when did women over every description.

woman ever cease demanding except

woman ever cease demanding except when the grant had been given?
There is nothing new about woman's interest in politics. It is world-old and universally conceded. The new element lies in the fact that the numbers of women interested have greatly increased, and demand for self-express of this interest has come to state once with an overpowering current.

What glory there is in observing the fine, splended, progressive wom-

the fine, splended, progressive wom-en holding high the banner of real democracy. It is truly woman's hour She holds out her hand to

hour. She holds out her hand to man, to share in the glory of giving. The spirit of co-operation is strong, for the ideals of one cannot thrive without support from the other.

And now, in closing, I want to pay a tribute to a noble leader of temocratic women, who by her efficient and capable work has won the highest praise from our Chief Executive fown to the individual member—

if we are given a volue?

Mrs. George A. Armes, who is an active and earnest member of

in that way tends toward up-to-date ideals for a superior democracy.

A. B., M. A., M. D. (Johns Hopkins).

y OU go to bed like a bark. You felt "as fine as a fiddle" all day. All is well. Yet you wake up the next morning with a kink in your neck. Your collar muscles are as stiff as

feel when you try to turn your head. Your conscience, like the wight's in the "Merchant of Venice, hangs about your neck.

"Budge not," it rays. "Budge," says the fiend. "Budge not," says your conscience. And if you love not pain. you are, indeed a yokel if you try to shake your head

or budge that stiff neck, "What is the rule to prevent these rigid, stiff, stranglating muscle spasms?" is the usual cry when acute "torticollis" develo.ps. To which the stiff-neck, if it could

speak, would answer, as in the "Winter's Tale. "If I shall be condemned twitches of the neck muscles of one pon surin ses; all proofs sleeping else, side. Three in every four of such un-But what the jealousies awake, I tell fortunates are only cured by the sur

In short, there is no law that will save everybody from suffering the pangs and inconveniences of this ai-

If the adamantine and concrete chingof one tissue to another indicates arment and style, a man with a stiff neck is a most fashionable and much loved fellow, for the petrilied and inelastic neck muscles cling as obdurately to his vertebrae as a swarm of

bees to the queen.

"Wry-neck," acute "torticollis," or
"stiff-neck," is a pretty high price to
pay for something ou did not buy.
Actually, it is often most difficult for

Actually, it is often most difficult for even the most searching investigation and cross-questioning to bring to light the source of the horny, cartilagmous neck-resistance.

Most commonly the domestic doctor dismisses the stiff-neck with a wave of her hand as one of the "colds," whatever that may be. Semehow, any affiction once ascribed to a "cold," no matter how painful it may be, has no longer anything exciting about it. These words, "c.lds" and "a cold" have the same soothing and magic influence upon the yictim as the Lore el. the victim as the Lore el Yet a stiff neck, with its drum-like tautness of the upper spinal muscles, may be a much more serious trouble han herb doctors, mental optimists and

may think.

There is a woodpecker called the "Wryneck." from its habit of writhing dertake to prescribe or offer a limit of writhing dertake to prescribe or offer a limit of writhing dertake to prescribe or offer a limit of writhing dertake to prescribe or offer a limit of writhing dertake to prescribe or offer a limit of writhing dertake to prescribe or offer a limit of writhing dertake to prescribe or offer a limit of writhing dertake to prescribe or offer a limit of writhing dertake to prescribe or offer a limit of writhing derivative and the limit of write the head and neck around in a wise. which neurologists mean when the say addressed envelope is enclosed. Address "wry neck." In the latter instance the all inquiries to Dr. L. K. Hirshberg, patient is afflicted with jerks and care this office.

Know

Anna Steese Richardson Gets Up Most of Literature on

Better Babies and Their Care" Her Text Book for Mothers. She Also Fills Position of Adviser to Thousands.

Its Distribution as Well.

By FLORENCE E. YODER. DR. HIRSHBERG

The Better Babies Movement which has extended all over the civilized world and some of the geon's lancet.
In the mild malady the stiff neck clings to you like Damon did to Fythias. world which is thought of as being uncivilized, depends largely for its out, happily, only for a day or two.
Usually this type is due to the poisons of some sore throat, nasal, ear existence and development upon literature, and the dissemination of that literature.

Anna Steese Richardson, chairman of the department of child hygiene, of the National Congress of Mothers and Parent-Teachers Associations, which met in Washington recently, not only writes the greater part of this literature, but personally attends to its proper distribution. She is a woman of wide newspaper experience, a writer for magazines, a playwright and a mother. Her experience in the last named capacity, coupled with her ability as a writer, has enabled her capably to fill the position of adindividual cases. Where the subject is viser to the thousands of mothers not of general interest latters will be who are in the subject is the subject in the subject is the subject in th odd, marner.
It it is not the bird of that name answered personally if a stamped and who are in touch with the Better Babies movement.

"Better Babies and Their Care," a volume just published, is her text book for mothers. It combines all of the virtues of modern medicine with the best of the old fashioned methods of caring for children, and is an innovation in itself. And it puts the blame where it belongs.

"The law does not recognize indigestion in the family baby as a divorce cause-but non-support, infidelity, and desertion on the part of the husband can often be traced directly to the wailing of one or several babies."

Really School for Mothers.

Although it is called in the name of the bables, the real secret down at the bottom of the whole thing is that it is a school for the education of the mother. But instead of beginning with the mother, which would have been a very difficult thing to do, we have begun with the baby, the finished product. Gradually we get the mother deeper and eeper into the question, until we can go as far back as prepatal influence and still have sympathy and understanding." This is Mrs. Richardson's explanation of "Better

Bables."
"Good lectures and good literature," she stated, in a recent inter-view, "are the only means hy which the mothers can be reached. This is done by the better balnes' con-tests held in connection with State The bables are judged in nuch the same manner as live stock. Hundreds of attractive circulars are made and distributed to the State tair officials, who, in their turn, make additional copies, which are given to

the mothers. While the Mothers' Congress was in session here, it was to Mrs. Richardson that most of the delegates went for information for arranging contests to be carried on in their home districts. There was something infinitely pathetic in the manner in which they dogged her footsteps and begged for sample sheets, promises for lectures, and information in genwould not be stopped if begun the right way, and which would do great good for the nation itself. The reult was the better babies bureau of

New York.

"Last year we had one hundred thousand babies who were better, some of them perfect, as the result of our care and education of their parents. Next year we hope to increase this by one hundred thousand. And it is a pretty safe hope." And it is a pretty safe hope. Better Babies Book Different. Everything about the Better Babies Book is different from what has ever been written before. A few excerpts

will demonstrate this fact. For instance, Mrs. Richardson says: "A sickly baby loa is the husband and father with harassing expenses. The man often seeks in more pleasant companionship relief from the unsatisfactory conditions exist-ing in his own home. The wife considers her husband unreasonable and dishonorable.—What she does not

dishonorable.—What she does not realize is that the baby would not be sickly if the mother knew her Job of motherhood as well as the father knows his trade of breadwinning!"
Some of the literature given out
to the State fairs is very interesting, and states the meaning of the movement attractively and concise-ly. The following is a sample, which illustrates the methods: MRS ANHA Steese

HE much disputed question of

toms court. The case grew out of

a question as to whether a certain

importation was sprats or sardines

and the decision of the appraisers

At the case a well-known scientist

testified that sardines belonged to

the herring family, although com-

monly sold under the name sardine,

or anchovy. Hereafter all sardines

As far as the housewife is con-

cerned, sardines play an important

part on her pantry shelves, espe-

cially in summer. It is unfortunate

that the good varieties cost so high

-and it may be said openly that on

sardines the grocer makes up much

of the profit which he loses on but-ter and eggs and staples. Sardines of all sizes are put up in

Sardines of all sizes are put up in olive oil, cotton-seed oil, and mustard and tomato sauces. It is well to know the brand you buy, and be particular in the size of the box, as nothing varies quite as much as to size, and weight of contents, Just the other day I weighed the contents of one is-cent can, and found a scant three ounces, At this rate I was naving 45 cents a pound for

was paying 45 cents a pound for sardines! Other brands I weighed came to four and five ounces, which

SILK

Glove

Real

Worth and

Lasting Value

These you get when the

name "KAYSER" is in the

hem of your silk gloves.

is true economy—because

find it in the genuine.

the tips outwear the gloves.

To buy Kayser Silk Gloves

"KAYSER'S" wear better, fit better

and hold their shape better than any

other silk gloves made, yet cost no

more than the ordinary kind. Look

for "KAYSER" in the hem. You will

A guarantee ticket with every pair that

Short "KAYSER" Silk Gloves 50c to \$1.25 Long "KAYSER" Silk Gloves 75c to \$2.00

AT ALL STORES

will be herring-before the law!

was adverse to the importers.

"What is a sardine," has been

settled for a time, at least,

by a recent ruling in the cus-

Richardson

When Is a Sardine?

By Mrs. Christine Frederick

Babies Coming Back Into Style. For a good many years bables have not been receiving the attention they deserve. We have been reading about pets like lap dogs, Angora cats, and trained monkeys, We have heard that women of fashwe have heard that women of lassion, who set the pace for other women to follow, have been going in for all sorts of records—golf, tennis, swimming, mountain climbing, bridge, etc. But nobody has been talking much about making a record in raising healthy bables. record in raising healthy babies. Then, suddenly, people discovered that nestlecting babies was a bad thing for a nation. Social workers began to organize mothers' clubs in congested districts of the cities the purpose of interesting mothers in the proper care of their babies. Then along came Mrs. John Hays Hammond, one of the country's reaugnized social leaders, with a society for the better education and training of rich children. In the suburbs of richest New York a little woman started a school of

little woman started a school of mothercraft. What was the result? Mother and baby came back into style, and now everybody is talk-ing about better bables,

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Young couples who have just been married should come to us for the furnishings of their homes.

It has always been our policy to treat them with unusual liberality, and it has paid us because we have made lifelong customers of them.

We know you want your home to be comfortable and attractive; we also realize that perhaps you cannot afford to invest a large amount of ready cash in furniture.

Come to us and select your furnishings; then tell us what arrangement of an account will make it possible for you to have the things you want.

Peter Grogan & Sons Co.

Our Credit Accommodation Brings Home Comfort, 817 to 823 Seventh Street Fads and Fancies of Fashion

#### Literature Is Purpose of Crusade Crownless Hat at Chic Angle Newest Vogue



only by the few. Naturally it surrounds a high and

elaborate coiffure. But these two adjectives belong to the fashionable mode

For evening wear tresses are piled high on top of the head in a soft knot or coil which has the pyramidal form, the side hair is waved but not puffed out and a modern version of the French twist goes up the middle back of the head. The forehead and ears are both allowed to show. Sometimes the "kiss-curl" adorns the cheek, but it one is bluebells, the single blooms strung on on the bandeaux under the tip-tilted side.

on coil which has the pyramidal form, the side hair is waved but not puffed out and a modern vergion of the French twist goes up the middle back of the head. The forehead and ears are both allowed to show. Sometimes the "kisscuri" adorns the cneek, but if one is much up to date, the curl is multiplied and left to cling caressingly on the nape of the neck.

One hopes the foolish fashion of bangs at this portion of the bead will not be revived.

Season's Hat Motte.

With the brim of the crownless hat placed at the right angle and the coiffure properly dressed, the effect is desirable.

on the bandeaux under the tip-tilted side.

Then there's a new style of trimming which is called the "follow me." It is a tall wired arrangement of flowers placed at the front of hats with the inclination of angle forward. On a white hemp toque this ornament was of purple bluebells, the single flower.

Wheat is gilded or bronzed when it adorns the summer hat.

There is a new bi-corne shape which is very long from angle to angle, and is set on the head with one point over one the head. And the point that is over the head. And the point that is over the ear is lower than the other and holds a tail and slender flower spike.

In the middle of summer the ied hat comes line its own. It is most effective when it is worn with a light with its called the "follow me." It is do tall wired arrangement of flowers placed at the front of hats with the inclination of angle forward. On a white hemp toque this ornament was of purple bluebells, the single doron strung on a tail upright and ending in one big single flower.

Wheat is gilded or bronzed when it adorns the summer hat.

There is a new bi-corne shape which is very long from angle to angle and is set on the head with one point over one and the other toward the back of the head. And the point that is over the ear is lower than the other and holds a tail upright and ending in one big single flower.

the world but an ostrich feather with Sometimes there are long red vilong lines thinned out and curied and at smart angles and sometime

or your salad or tit-bit not expensive.

(Copyright, 1914, by Mrs. Christine

lot of abbreviated aigrettes sticking out bristle fashion about the brim, don't get bexcited because the laws of the land and humanity are being outraged.

Then there is a new material which resembles a cross between straw and chemille. It comes in all colors, and is light in weight and lovely to look upon. It appears as the crown or the facing for some of the new midstream hats for some of the new midstream hats for it is a material which has no discount of the new midstream hats. for it is a material which has no distinet season, in which respect it resem-bles yelvet.

"Follow Me" Trimmings.

A new way of fastening single hacinth blossoms on a hat has come forth with the summer-time. You pull them off the stem and thread them on a long needle and draw them through the straw hat which they trim. A charming yellow straw plaque had a band of them on one side ending in a massing

comes into its own. It is most effec-tive when it is worn with a light serge costume or a light linen frock, and the sailor shape is the most popular, in the high crown and narrow brim style or the wider brim and the derby crown.

There are many ways of trimming. Sometimes there are long red wings set the world striped out and curied and lat small are four little Mercury wings surround twisted to represent an osprey. And it are four little Mercury wings surround in technically known as an "ostrette."

When you see a hat with what seems crown. Sometimes there is a tiny red tip at the middle front and caposite that it is all back, and again a splashing red bow back, and again a splashing red bow



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A Small Sum puts it in your home for a month's trial. It does the work as well as expensive built-in cleaners for it is the highest power portable cleaner made, yet weighing only 33 lbs. and running on rubbertired wheels is easily handled by any woman.

Try it in your home-see how easily it picks up dust, dirt and ravelings that other cleaners can't move-see how the dust is pulled right through the carpet. A postal or phone call brings this cleaner to your home, but do it now.

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that they went for the details of the duties which they were to perform on their return home,

Most of them were mothers them-selves, mothers of schooling and culture, yet they gave a silent but unique confession of their own ig-norance as they crowded into the rooms of Mrs. Richardson, begging for the message of good cheer and assurance of assistance from the woman who knew her subject better With consummate tact, Mrs. Rich-

ardson gave them what they wanted, told them how to write their reports to the home district, and took up separate cases which called for unusual and individual attention Each delegate seemed to think that her special case was the most needy, that her plain or mountain women were the most in need of sympathetic

Great Service to Race.

"The good baby or the crying baby has been taken as a matter of course for too many years," said Mrs. Richardson. "A sick or ailing cial dispensation of Providence, and there was no attempt to right the wrongs which ignorance had imposed upon the child in habyhood.

In showing the mothers that they can all have better bables and finally all have the best babies possible, we can do much for the race. Just how far reaching and effective this movement will be is difficult to determine. To say that it means the saving and betterment of a whole race is needless, and before we fin-lish proving the truth of the statement by argument or more words will have proved it in actual

fact.
"My book, Better Babzies and written at several "My book, 'Better Babzies and Their Care,' was written at several sttings. I have been so full of the subject for such a long time that it was merely a matter of getting it out of my system and on paper. Of course, the more technical pertions of the book, which deal in a detailed manner with medicine, were carefully gone over and edited by one of the leading myskicine of the gounthe leading physicians of the country, for in so vital a question none but the most expert medical advice should be given out.

Tells of Writing Book.

When I talked to Mr. Richardson she was completely tired out, but perfectly willing to rehearse her whole career with the babies from start to finish. Forcefulness and ability marked every statement. She said that she sat up nights, after

the nucleus for a movement which Here's a pure food movement! Make the refrigerator sweet and clean, quickly, with **GOLD DUST** Grease, dirt and germs vanish before it. It cleans everything. 5c and larger packages.

## THE N.K. FAIRBANK COMPANY CHICAGO "Let the GOLD DUST TWINS do your work"

# said that she sat up nights, after her regular work was done, and distanted the book to a stenographer. She had given out the information time and time again, and it was only a question of rehearsing it for publication. "In January, 1914" said Mrs. Eitherdson, "The Woman's Home Companion, by which I was employed, sent me to Denver to report a baby health contest held by connection with the National Western Live Stock Exposition. I had not been a newspaper women for nothing, and I realized that the contest was These delegates had been chosen by the States as the best representa-

precident of the Woman's National Walson and Marshall organization. I wish also to honor a great leader in the Southland-Mrs Jane Scott Woodraff, Southland-Mrs Jane Scott Woodraff, Southland-Mrs Jane Scott Woodraff, Southland Wilson and Marshall organization. For myself, if by any air I may have helped in the great work women are now achieving. I owe everything not to my own ideas but to my father and mother, who by their bearing instilled the Democratic principles in me when I was a child. But let us ever be gentle, whether in claim-one or drawing room, always on our guard lest we offend by overentlassissm. Remember that we have set ourselves up for moderation and purity and let us use our influence gently, but Trunly. Thus will we lead able by side the men and women of this great and poble American Commonwealth. DO YOU KNOW Why the largest office buildings, hotels, apartment houses, and the neatest

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homes are equipped with

our awnings? Ask us.

MRS. GEORGE A. ARMES.